

In the Claims

1. (currently amended) An exercise apparatus, comprising:

a base;

a left skate and a right skate, wherein each said skate is mounted on the base for back and forth movement relative to said base;

a left foot and a right foot support, wherein each said foot support is pivotally mounted on a respective skate; and

3) an adjustable biasing (means, common to each) said foot support, for biasing each said foot support to move through a sking path of motion in one mode of operation by requiring relatively less user imposed horizontal force (to move each) said skate, and relatively more user imposed vertical force (to pivot) each said foot support, and for alternatively biasing each said foot support to move through a stepping path of motion in another mode of operation by requiring relatively more user imposed horizontal force to move each said skate, and relatively less user imposed vertical force to pivot each said foot support.

2. (currently amended) An exercise apparatus, comprising:

a base;

a left link and a right link, wherein each said link is mounted on the base for ^{linear} movement in a first direction relative to the base;

a left foot support and a right foot support, wherein each said foot support is mounted on a respective link for

movement in a second, generally ~~perpendicular~~ direction relative to the respective link; and

an adjustable resistance means for simultaneously adjusting a common resistance to ^{piratel} movement of each said foot support relative to a respective link, and for adjusting resistance to ^{Transl.} movement of each said link relative to the base.

3-6. (cancelled)

7. (currently amended) An exercise apparatus, comprising:

a base;

a first pulley mounted on the base;

a second pulley mounted on the base;

a spring interconnected between the first pulley and the second pulley to bias the first pulley toward a particular orientation relative to the second pulley;

left and right links mounted on the base for movement in a first direction relative to the base, wherein the left and right links are linked to the first pulley; and

left and right foot supports mounted on respective said links for movement in a second, generally perpendicular direction relative to the base, wherein the left and right foot supports are linked to the second pulley.

8. The exercise apparatus of claim 7, further comprising a second spring interconnected between the base and one said pulley to bias the one said pulley toward a particular orientation relative to the base.

B1 9. (currently amended) The ~~method~~ apparatus of claim 8, further comprising a means for selectively adjusting the effective length of the second spring to change the bias imposed between the one said pulley and the base.

10. (currently amended) The ~~method~~ apparatus of claim 7, further comprising a means for selectively adjusting the effective length of the spring to change the bias.